

PBF049 DELUXE LOW ROW ATTACHMENT ASSEMBLY INSTRUCTIONS

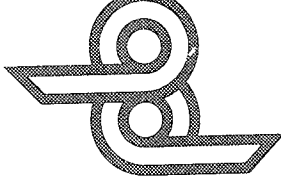
FLAT and INCLINE BENCH

1. Remove the hardware from the assembly of the FRONT LEG to the BENCH, and discard.
2. Insert one (1) 1-3/4 IN. SQ. END CAP into the front end of the ADJUSTMENT TUBE ASSEMBLY.
3. Assemble the ADJUSTMENT TUBE ASSEMBLY and the CONNECTOR PLATE to the BENCH as shown on drawing, using two (2) 3/8 X 3-1/2 IN. BOLTS, four (4) 3/8 IN. WASHERS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. NUTS. (NOTE: THE BRACKET ON THE ADJUSTMENT TUBE ASSEMBLY IS FLUSH TO THE TOP OF THE TUBE, PLEASE ASSEMBLE FLUSH SIDE UP)
4. Insert one (1) 2 IN. SQ. END CAP into the front end of the FOOT BRACE ASSEMBLY.
5. Attach four (4) 2-1/2 X 5-1/2 IN. NON SKID STRIPS to the FOOT BRACE ASSEMBLY as shown on drawing.
6. Slide the FOOT BRACE ASSEMBLY over the ADJUSTMENT TUBE ASSEMBLY to the desired hole setting and hold in place with on SAFETY LOCK PIN.

DELUXE LAT MACHINE and ECONO LAT MACHINE (PBF010)

1. Remove the hardware from the assembly of the SEAT SUPPORT to the BASE of the LAT MACHINE, and discard the two (2) 1/2 X 3 IN. BOLTS, and the two 1/2 IN. LOCK WASHERS. (DO NOT DISCARD THE TWO (2) 1/2 IN. WASHERS, AND TWO 1/2 IN. NUTS)
2. Insert one (1) 1-3/4 IN. SQ. END CAP into the front end of the ADJUSTMENT TUBE ASSEMBLY.
3. THE CONNECTOR PLATE IS NOT REQUIRED FOR THIS ASSEMBLY PLEASE DISCARD.
4. Assemble the ADJUSTMENT TUBE ASSEMBLY to the SEAT SUPPORT and BASE as shown on drawing, using two (2) 1/2 X 3-1/4 IN. BOLTS, two (2) 1/2 IN. LOCK WASHERS, and the two (2) 1/2 IN. WASHERS, and two (2) 1/2 IN. NUTS from STEP 1. (NOTE: THE BRACKET ON THE ADJUSTMENT TUBE ASSEMBLY IS FLUSH TO THE TOP OF THE TUBE, PLEASE ASSEMBLE FLUSH SIDE UP)
5. Insert one (1) 2 IN. SQ. END CAP into the front end of the FOOT BRACE ASSEMBLY.
6. Attach four (4) 2-1/2 X 5-1/2 IN. NON SKID STRIPS to the FOOT BRACE ASSEMBLY as shown on drawing.
7. Slide the FOOT BRACE ASSEMBLY over the ADJUSTMENT TUBE ASSEMBLY to the desired hole setting and hold in place with on SAFETY LOCK PIN.

PARABODY INC.



DELUXE LOW ROW ATTACHMENT

PBF049

PRODUCT ASSEMBLY INSTRUCTION SHEETS

TOOLS REQUIRED FOR ASSEMBLY:

- 3/4 INCH SOCKET
- 9/16 INCH SOCKET
- ADJUSTABLE WRENCH
- RUBBER MALLET or HAMMER

REVISION: G

If you experience any problems with the assembly of this product, please contact your dealer or your PARABODY Customer Service representative at:

1-800-328-9714.

PBF049 DELUXE LOW ROW ATTACHMENT ASSEMBLY PARTS LIST
SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	1/2 X 3-1/4 IN. BOLT	2
2.	3/8 X 3-1/2 IN. BOLT	2
3.	3/8 IN. WASHER	2
4.	1/2 IN. LOCK WASHER	4
5.	3/8 IN. LOCK WASHER	2
6.	3/8 IN. NUT	2
7.	SAFETY LOCK PIN	2
8.	2 IN. SQ. END CAP	1
9.	1-3/4 IN. SQ. END CAP	1
10.	2-1/2 X 5-1/2 IN. NON SKID STRIP	4

WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	FOOT BRACE ASSEMBLY	1
2.	ADJUSTMENT TUBE ASSEMBLY	1
3.	CONNECTOR PLATE	1

PBF049 DELUXE LOW ROW ATTACHMENT ASSEMBLY INSTRUCTIONS

IMPORTANT:

THE BODYSMITH DELUXE LOW ROW ATTACHMENT WAS DESIGNED TO BE USED ON SEVERAL BODYSMITH PRODUCTS. PLEASE FOLLOW THE INSTRUCTIONS INTENDED FOR YOUR SPECIFIC PRODUCT:

- FLAT/INCLINE/DECLINE BENCH
- BODYSMITH BENCH WIDE and NARROW
- FLAT and INCLINE BENCH
- DELUXE LAT MACHINE
- ECONO LAT MACHINE (PBF010)

FLAT/INCLINE/DECLINE BENCH:

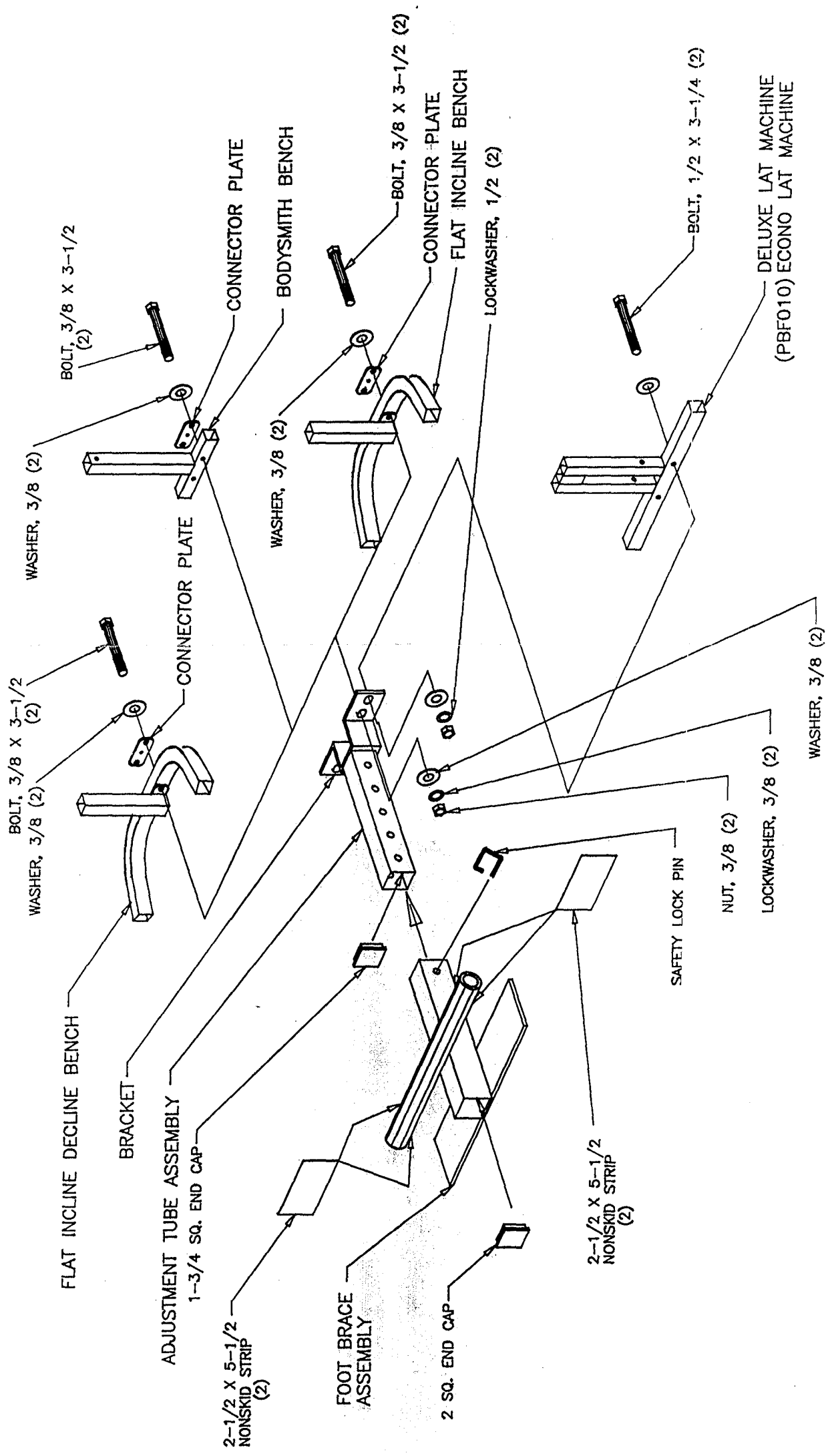
1. Remove the hardware from the assembly of the **FRONT LEG** to the **BENCH**, and discard.
2. Insert one (1) 1-3/4 IN. SQ. END CAP into the front end of the **ADJUSTMENT TUBE ASSEMBLY**.
3. Assemble the **ADJUSTMENT TUBE ASSEMBLY** and the **CONNECTOR PLATE** to the **BENCH** as shown on drawing, using two (2) 3/8 X 3-1/2 IN. BOLTS, four (4) 3/8 IN. WASHERS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. NUTS. (NOTE: THE BRACKET ON THE ADJUSTMENT TUBE ASSEMBLY IS FLUSH TO THE TOP OF THE TUBE, PLEASE ASSEMBLE FLUSH SIDE UP)
4. Insert one (1) 2 IN. SQ. END CAP into the front end of the **FOOT BRACE ASSEMBLY**.
5. Attach four (4) 2-1/2 X 5-1/2 IN. NON SKID STRIPS to the **FOOT BRACE ASSEMBLY** as shown on drawing.
6. Slide the **FOOT BRACE ASSEMBLY** over the **ADJUSTMENT TUBE ASSEMBLY** to the desired hole setting and hold in place with the **SAFETY LOCK PIN**.

BODYSMITH BENCH WIDE and NARROW

1. Insert one (1) 1-3/4 IN. SQ. END CAP into the front end of the **ADJUSTMENT TUBE ASSEMBLY**.
2. Assemble the **ADJUSTMENT TUBE ASSEMBLY** and the **CONNECTOR PLATE** to the **FRONT LEG** of the **BENCH** as shown on drawing, using two (2) 3/8 X 3-1/2 IN. BOLTS, four (4) 3/8 IN. WASHERS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. NUTS. (NOTE: THE BRACKET ON THE ADJUSTMENT TUBE ASSEMBLY IS FLUSH TO THE TOP OF THE TUBE, PLEASE ASSEMBLE FLUSH SIDE UP)
3. Insert one (1) 2 IN. SQ. END CAP into the front end of the **FOOT BRACE ASSEMBLY**.
4. Attach four (4) 2-1/2 X 5-1/2 IN. NON SKID STRIPS to the **FOOT BRACE ASSEMBLY** as shown on drawing.
5. Slide the **FOOT BRACE ASSEMBLY** over the **ADJUSTMENT TUBE ASSEMBLY** to the desired hole setting and hold in place with on **SAFETY LOCK PIN**.

FORM NO. DESCRIPTION

REV.	DESCRIPTION	DATE
G	ADD 007/007A 005C	



PARABODY INC. RAMSEY, MINNESOTA	
DELUXE LAT MACHINE ATT. FINAL ASSY PART NO. 212727-6	ECONO LAT MACHINE ATT. FINAL ASSY PART NO. 212727-6
PREPARED BY: J. ENGLISH CHECKED BY: J. ENGLISH DATE: 11/1/68	PART NO. PBF049